# Marine Corps Family Team Building (MCFTB)

NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONFERENCE 2010:
"TAKING ACTION, MEASURING RESULTS"

NAVAL CENTER
COSC
COMBAT & OPERATIONAL STRESS CONTROL

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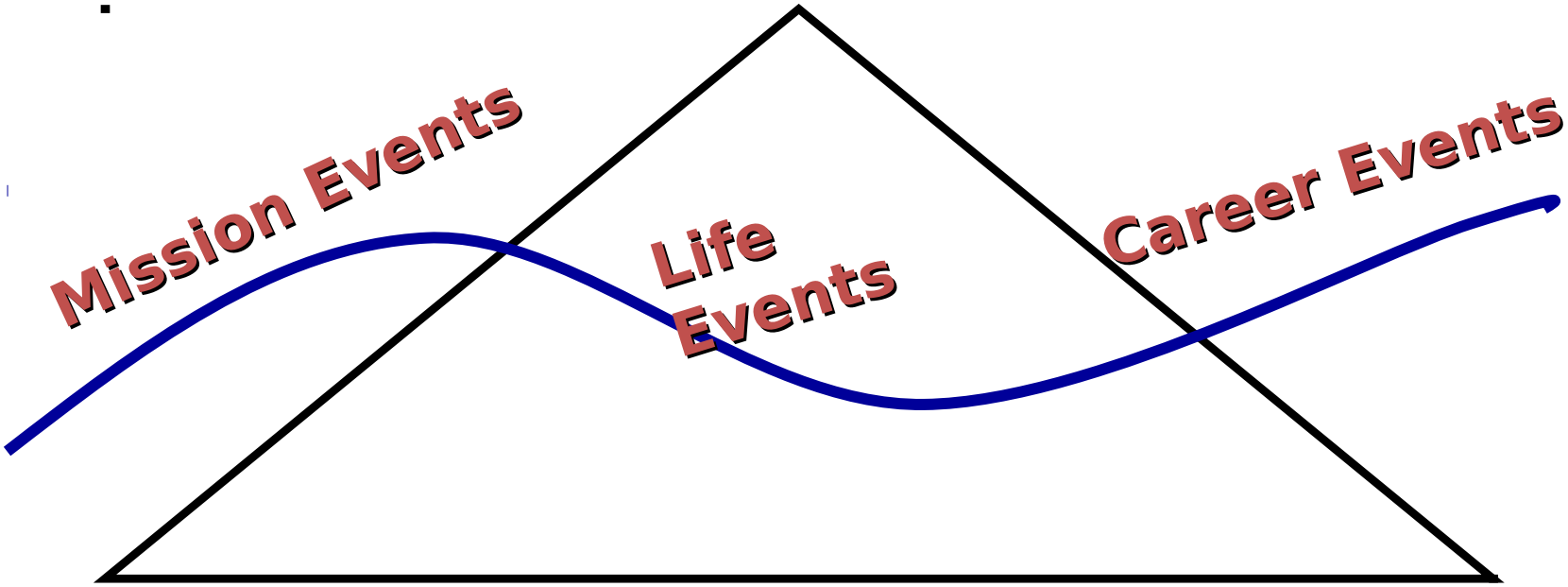
# Mission

Enhance and support Unit, Personal and Family Readiness Programs (UPFRP); provide relevant and standardized family readiness training to unit commanders, Family Readiness Command Teams, Marines, and their families; thereby, assisting in sustaining a constant state of personal and family readiness, and ultimately enhancing unit mission readiness.

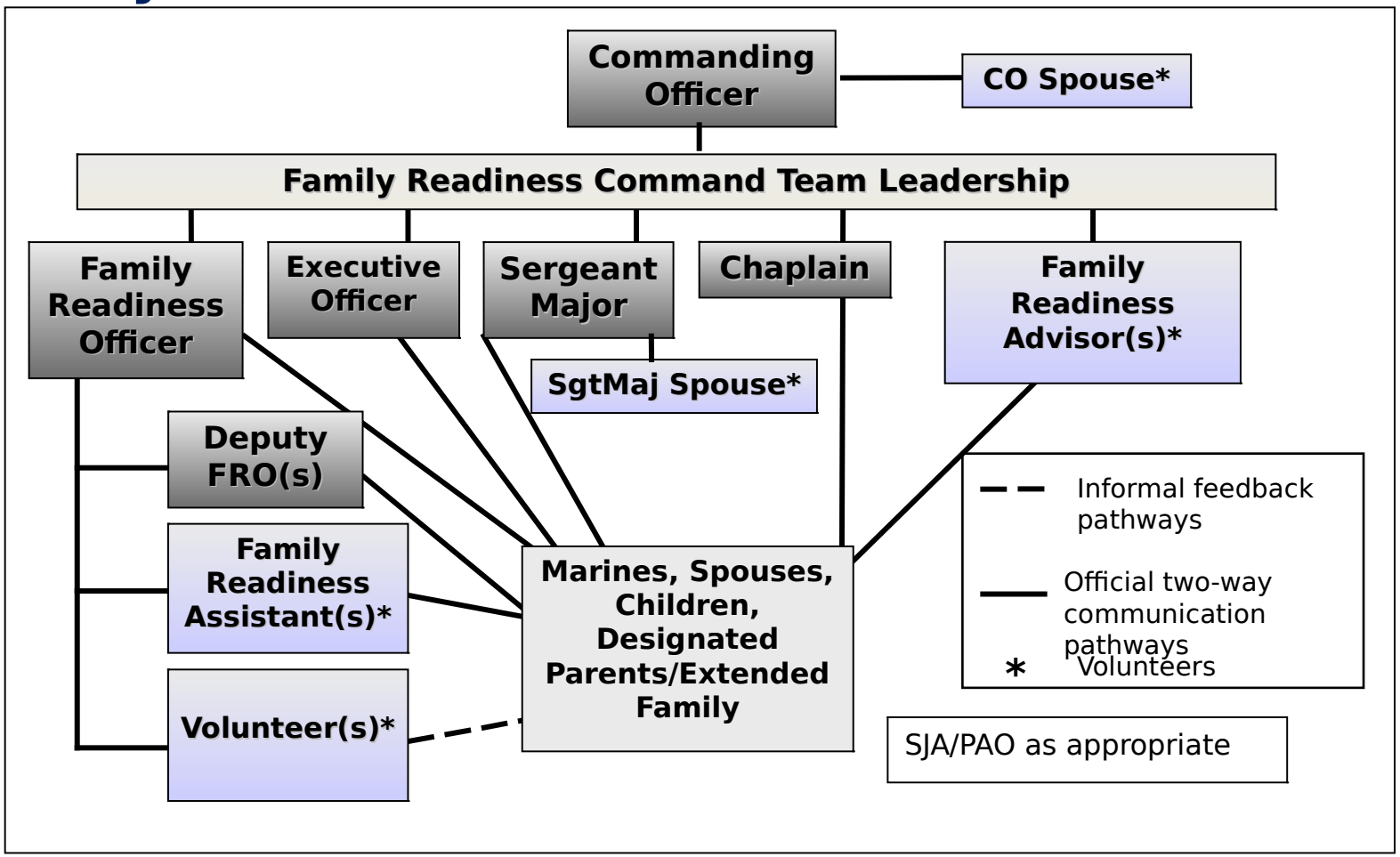
# Marine, Spouse, Child, Parents




## Command Team

## MCCS Team

# Family Readiness Command Team



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# MCFTB Training

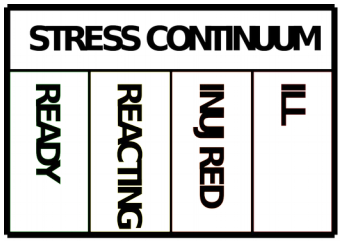
- Family Readiness Program Training
  - Command Team Training
  - FRO Training
  - Volunteer Training
- Readiness and Deployment Support Training
  - Pre-, During, and Post-Deployment workshops
- Lifestyle Insights, Networking, Knowledge, and Skills
- Life Skills Training and Education

# Refresh of Training Materials

- Working group January 2008
  - Participants included COSC representatives and a psychiatrist from UCLA
  - New concept – “Beyond the Brief”
  - How to cope with deployment
    - Effects of Combat Operational Stress on Marines and families

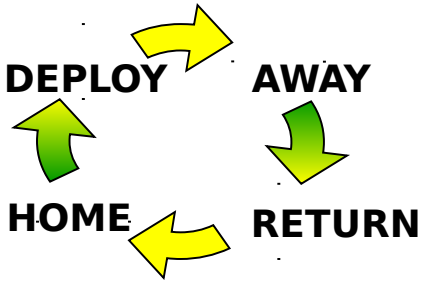
# Pre-Deployment

- Briefings to Single Marines, married Marines, families
  - Stress continuum
  - Emotional cycle of deployment
  - Stress sources and management



# Mid-Deployment - Deployment Stress and Coping

- Understand stress and coping
- Understand the deployment cycle
- Common stress resources and problems
- Stress continuum
- Managing stress
- Available resources



# Post Deployment – Return & Reunion Workshops

- Stress – managing and understanding
  - Stress injuries
  - Common symptoms
- Reintegration ‘blockers’ – Combat Operational Stress
- Difference between Combat Operational Stress symptoms and PTSD

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# Questions?

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# Additional Slides

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# Combat Operational Stress Continuum for Marines

| READY | REACTING | INJURED | ILL |
|---|---|---|---|
| • Good to go<br>• Well trained<br>• Prepared<br>• Fit and tough<br>• Cohesive units, ready families | • Distress or impairment<br>• Mild, transient<br>• Anxious or irritable<br>• Behavior change | • More severe or persistent distress or impairment<br>• Function is altered, may leave a scar, but is not irreversible | • Injuries that don't heal on their own<br>• PTSD<br>• Depression<br>• Anxiety<br>• Substance abuse |

Leader Responsibility → Chaplain & Medical Responsibility